

Newsletter Generation H

April 2026

Dear reader,

The Generation H project team, which started in January 2024, would like to share some updates about the past period to inform you what has happened within Project Generation H lately.



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GENERATION H

Generation-H Deliverables Approved by the EU

The following Generation-H deliverables have been approved by the EU for public dissemination and are currently available on the project website under the “Deliverables” section:

- Project Management Handbook
- Communication and Dissemination Report
- Kick-off Meeting Report
- Fully Functioning Project Website (Deliverable)
- E-newsletter (Period 1)
- Annual Meeting Report (Ghana)

🔗 Access the deliverables reports here: <https://www.generationh.org/deliverables/>

Highlights from the Generation H Annual Meeting and Project Activities

The Generation H Project continues to make significant progress through collaborative engagement, stakeholder involvement, and youth-centered intervention development. This April edition highlights key activities, including the 2025 Annual Meeting in Accra, co-production sessions with adolescents, and stakeholder workshops in Ghana and Kenya.



Site Visits to Implementation Locations

The annual meeting began with visits to project implementation sites, including schools and faith-based organizations in Accra. These visits provided participants with the opportunity to observe how project activities are being delivered and to better understand the local environments in which the intervention will operate. Team members interacted with adolescents, teachers, and community partners, gaining valuable insights into the relevance and early impact of the project activities.

Stakeholders expressed strong commitment and reaffirmed their willingness to support the project’s implementation and long-term sustainability.



Day Two focused on stakeholder engagement and technical discussions. Each work package presented progress updates, including intervention development, implementation planning, and PhD research activities.

Special attention was given to the roles of Work Package 2 (WP2) and Work Package 3 (WP3). WP2 focuses on developing and adapting intervention content to ensure it is evidence-based and culturally appropriate, while WP3 focuses on how these interventions will be delivered in real-world settings, including schools and community environments.

Advisory Board members provided valuable feedback that strengthened coordination across teams and helped refine implementation strategies. In their role as strategic advisors, they offered expert guidance, ensured alignment with project objectives, and enhanced the scientific, ethical, and policy relevance of the intervention.

The Advisory Board brings together a diverse group of international experts from academia, ethics, governance, and urban systems, including representatives from institutions such as the National Council of Churches of Kenya, University of Cape Town, City University of New York, and Amsterdam UMC. Their multidisciplinary expertise provides critical insights that support evidence-based decision-making and strengthen the overall impact of the Generation-H project.



Stakeholders participating in Day Two discussions, sharing insights and providing technical guidance on project implementation.

Annual Networking Dinner

The day concluded with a networking dinner held at Tree House, Aburi. This informal gathering created an opportunity for participants to strengthen relationships, share experiences, and build stronger partnerships across institutions.



Day Three: Strategic Planning for the Next Phase

The final day focused on evaluation and planning for the next phase of the project. Discussions covered study design, baseline data collection, intervention delivery, and approaches for assessing effectiveness and cost-effectiveness. Additional sessions focused on data management, dissemination strategies, youth-focused outputs, and sustainability planning.

The meeting concluded with agreed action points, including strengthening collaboration between work packages, reviewing school population data, and improving project communication platforms.

Overall, the meeting highlighted the strong collaborative spirit across all participating institutions and reinforced the shared commitment to improving adolescent health outcomes.

Youth Voices Shaping the Generation H Intervention

Co-Production Sessions with Adolescents in Ghana and Kenya

As part of the intervention development process, co-production sessions were conducted in January with a total of 44 adolescents in Ghana and Kenya. These sessions included both in-school and out-of-school adolescents, who actively participated in focus group discussions.

During the sessions, adolescents reviewed and refined proposed materials related to nutrition and physical activity. Their feedback ensured that the materials are engaging, culturally appropriate, and relevant to young people's daily experiences.

This participatory approach strengthens youth ownership and ensures that the intervention reflects the real needs and preferences of adolescents.



Adolescents in Ghana actively participating in Generation-H co-production sessions, contributing ideas and feedback to shape youth-friendly nutrition and physical activity interventions



Adolescents in Ghana actively participating in Generation-H co-production sessions, contributing ideas and feedback to shape youth-friendly nutrition and physical activity interventions



Adolescents in Kenya actively participating in Generation-H co-production sessions, contributing ideas and feedback to shape youth-friendly nutrition and physical activity interventions

Strengthening Intervention Design Through Stakeholder Workshops

Barrier and Strategy Prioritisation Workshops in Ghana and Kenya

Following the needs assessment conducted under WP3, a series of workshops were held in Ghana and Kenya. These workshops brought together stakeholders to review identified barriers and prioritise strategies for intervention implementation. Participants engaged in structured discussions to identify key challenges affecting adolescent nutrition and physical activity. They also reviewed possible intervention strategies and prioritised those considered most feasible and impactful. These workshops played an important role in finalising the core strategies that will guide the implementation of the Generation H intervention across participating communities.



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Generation H Research Showcased at ISBNPA 2026 Annual Meeting

We are proud to share that Gideon Amenviga, a PhD student and supporting WP2 lead within the Generation H Project from the France team, had the opportunity to present two abstracts from the Generation H Study at the 25th Annual Meeting of the ISBNPA, held in Cádiz, Spain, from May 27-30, 2026.

The presentations explored factors influencing dietary and physical activity behaviours among adolescents in urban Ghana and Kenya, as well as the co-design of a multi-component intervention to promote healthy lifestyles. These presentations highlighted the innovative and collaborative work being undertaken through the Generation H Project.

We are also pleased to announce that both abstracts were nominated for awards, recognising the quality, relevance, and scientific contribution of the research.

Further details are available at International Society of Behavioral Nutrition and Physical Activity website: <https://annualmeeting.isbnpa.org>.

Looking Ahead

The activities highlighted in this edition demonstrate the strong partnerships and collaborative efforts driving the Generation H Project forward. With continued stakeholder engagement, youth participation, and strategic planning, the project is well positioned to deliver meaningful and lasting improvements in adolescent health

The next Generation H newsletter can be expected soon



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